



Diagnostika v športových hrách – Testovanie na suchu SZLH



Diagnostika – Kvalita je prioritá !

1. Dohodnutý termin s tímom (čas, priestor, pomocky atd.)
2. Tréner vytvorí test v TPM s použitím existujúcej šablony excell a prepošle regionálnemu inštruktorovi RI
3. RI použije excel-šablonu aby vytvoril listinu s menami pre agility test - Microgate system. Zaznamená aj ďalšie testy.
4. Po vykonaní agility testu 5x5x5 m s Microgate hodnoty sú zaznamenané systémom alebo ich treba manuálne dať do TPM systému s použitím
5. RI pošle excel-subor trénerovi, aby ich dal do TPM systému.



Testy mimo ladu

U16 (od 10 do 15 rokov)	U20, kadeti a starsi
Agility Beep test vytrvalostny clnkovy test Kluky Trojskok Drep na jednej nohe L/P Zhyby na hrazde Vyska Hmotnost	Agility Bench press na fit lopte 50% telesnej hmotnosti Plank so zmenami polohy tela Beep test vytrvalostny clnkovy test Kluky Trojskok znozmom do dialhy Drep na jednej nohe L/P Zhyby na hrazde Vyska Hmotnost



Agility test 5m x 5m x 5m

General: 5m x 5m x 5 m Agility

- Using the minimum height for the light cells (~30–40 cm), distance between the units 18 cm
- Start 1 m before and slow down 2 m and after the light cell
- Testing all players with one test and moving on to next one
- Recommended to do it on good grip surface. (non slippery) decent ice quality for all the players (having measurements ready and changing the position for the light cells on the fly)

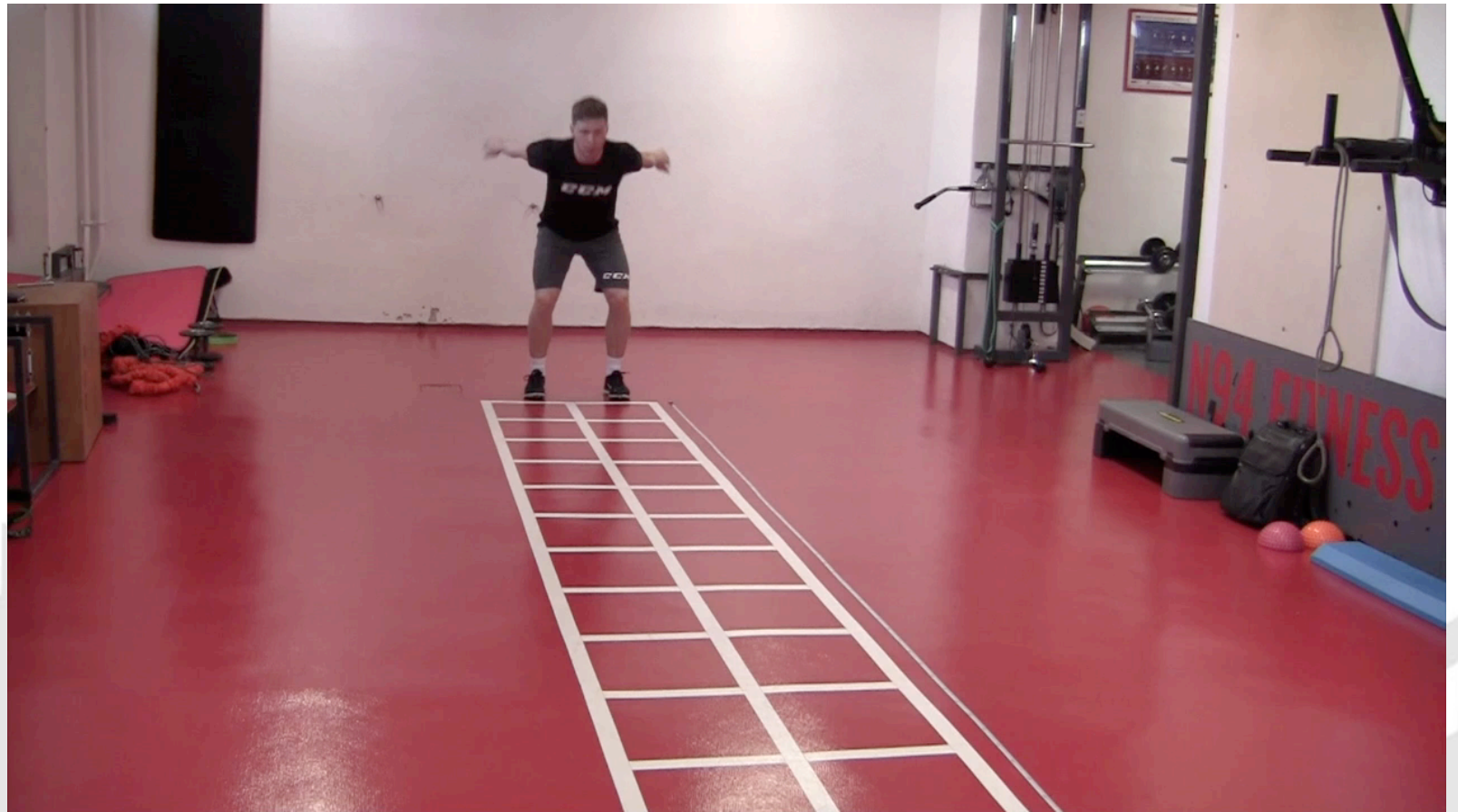




Trojskok znozmo do dialky

General: Triple Jump

- Feet shoulder apart Using the swing of the arms and max power of the legs. Start with the toes before the line and measure the heel closest to the starting line.
- Testing all players with one test and moving on to next one
- Recommended to do it on good grip surface. (non slippery) for all the players (having measurement tape ready and record ½ centimetre





Drep na jednej nohe

General: Single leg squat

- One foot on the bench or box
Other leg free of contact 45 degrees in front during the squat. Measure only if done correctly (no knee collapse more than 2cm, swinging the arms etc. head and chest up.
- Testing all players with one test on each leg and moving on to next one
- Recommended to do it on elevated surface as bench or wooden box.
- Measurement is only good quality full range squats

4.4.2019





Drep na jednej nohe – zly zastavit !

General: Single leg squat

- Bad alignment!
- knee collapse more then 2cm, swinging the arms etc. head and chest up.
- Stop the Testing





Klucky

General: Push ups

- Hands pointing forwards under slight angle apart as in the video.
- Feet shoulder apart.
- Spine - head in the straight line, see the video. Start with the full extension of the arms and count # of correct repetitions.
- Proceed all the way down to make a light contact with the 3 pucks.
- Testing all players with one test and moving on to next one





Zhyby

General: Chin ups ideally the hand grip is in parallel grip.

- Body straight without swinging in the straight line. Shoulder blades in neutral position. Both legs are straight shoulder apart. From full extension bring your chin over the bar. Continue in slow pace to full extension without swinging. each contact of the chin over the bar is counted as one repetition
- Recommended to do it with trunk stable, stop if swinging or body is helping with the waive movement.





Vznosy na hrazde

General: Leg lifts to the chin-up bar

- Ideally the hand grip in parallel grip. Body straight without swinging and body in the straight line. Shoulder blades in neutral position. Both legs are straight and are elevated to contact with the bar. Continue in slow pace without swinging each contact with the bar is counted as one repetition
- Testing all players with one test and moving on to next one
- Recommended to do it with trunk stable, stop if swinging .

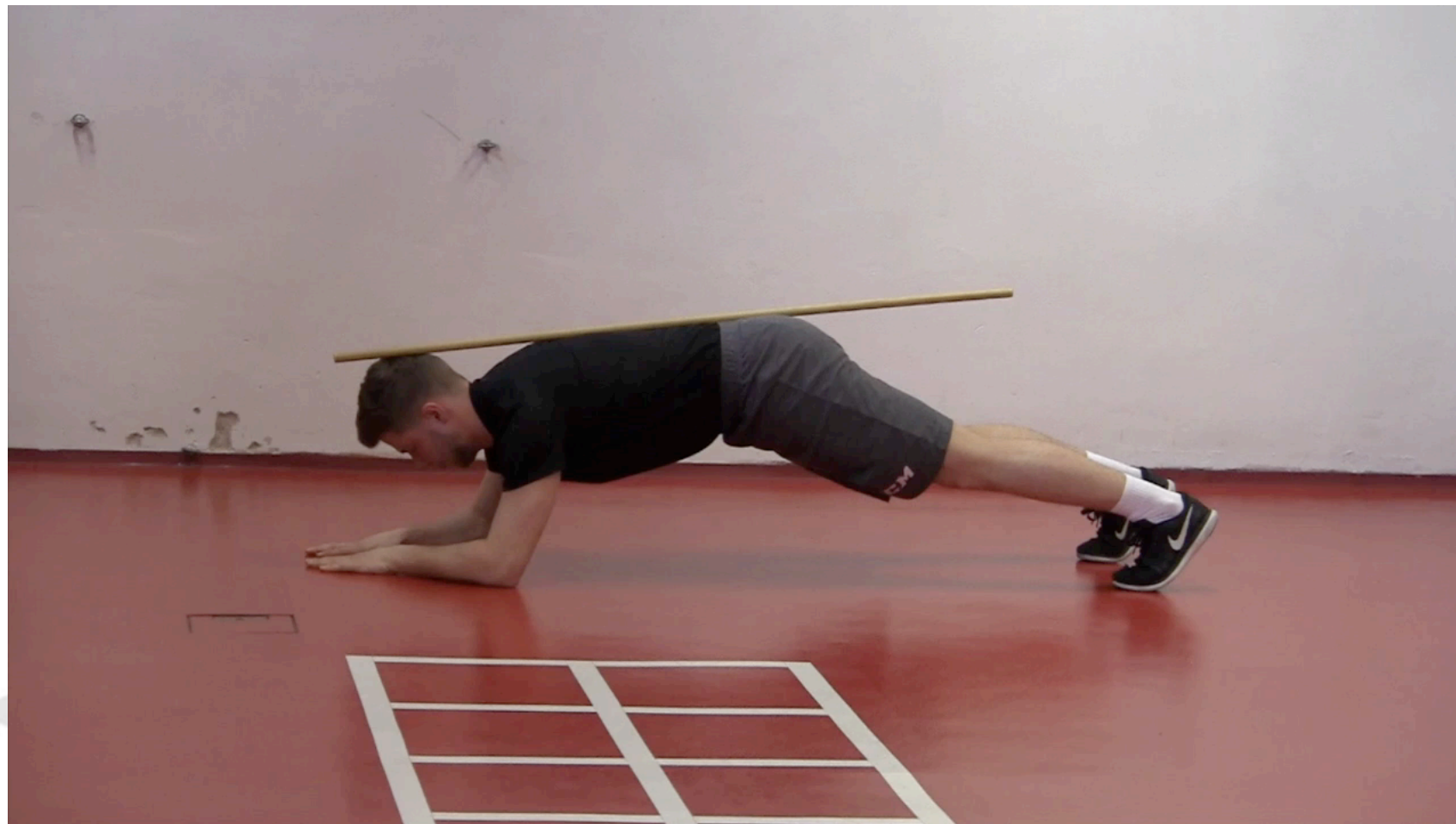




Plank základne postavenie

General: Plank with the stick

- Feet shoulder apart same as elbows. Fingers slightly touching in the middle. Body in the straight line. Shoulder blades in neutral position
- Recommended to do it in training phases to keep trunk stable, stop if collapses are more than 2cm





Plank so zmenou poloh

Stabilizačný systém a
Neutralne postavenie panvy





Bench press – nacvik

General: Bench press with dumbbells.
25% of the body weight for each
dumbbell. Sum is 50%

- Body straight straight line with the floor. Lifting 2 dumbbells with one leg up without swinging. After each lift change the leg. Elbows in down position will help to stabilize the swiss ball. From the downward position the arms are slowly fully extended with the leg fully extended. Continue in slow pace without swinging, each full extension is counted as one repetition alternate the legs extensions.
- Recommended to do it with trunk stable, stop if swinging or body is helping with the waive movement.

